

UCOOK

Honey Soy Noodles & Pork Kassler

with pak choi & spring onion

Spring onion, garlic, ginger, chilli flakes, lemon juice and a sweet and salty soy and honey mixture are cooked down into a delicious sauce before being tossed with tender vermicelli noodles and succulent pork kassler strips. It is finished off with a sprinkling of spring onion greens and a lemon wedge. A totally delish dish!

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Sarah Hewitt

 Quick & Easy

 Creation Wines | Creation Viognier

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Ingredients & Prep

540g	Pork Kassler Loin Steak
150g	Rice Vermicelli Noodles
450g	Pak Choi
2	Garlic Cloves
30g	Fresh Ginger
2	Spring Onions
2	Lemons
7,5ml	Dried Chilli Flakes
90ml	Sweet-soy (60ml Low Sodium Soy Sauce & 30ml Honey)

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. PORK IN THE PAN Boil the kettle. Pat the pork kassler dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Place a nonstick pan over a medium-high heat. When hot, sear the kassler fat-side down for 3-5 minutes until the fat becomes rendered and crispy. Then, fry for 3-4 minutes per side until cooked through. Remove from pan on completion and slice into 1-2cm thick strips.

2. OODLES OF NOODLES While the kassler is frying, place the noodles in a shallow bowl. Submerge in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

3. SOME PREP Trim the base of the pak choi, cut in half lengthways, and rinse thoroughly. Peel and grate the garlic and ginger. Slice the spring onions, keeping the white and green parts separate. Cut the lemons into wedges.

4. AT THE SAUCE OF DINNER Return the pan, wiped down, to a medium-high heat with a drizzle of oil. When hot, add the spring onion whites, the grated garlic and ginger, and the chilli flakes (to taste). Fry for 1-2 minutes until fragrant, shifting constantly. Lower the heat slightly and add the sweet-soy, a squeeze of lemon juice, 6 tbsp of water and the halved pak choi. Leave to simmer for 2-3 minutes, until the pak choi is wilted and the sauce has slightly thickened. On completion, toss through the cooked noodles and the kassler strips.

5. SOY DELICIOUS! Plate up the saucy noodles and kassler. Sprinkle over the spring onion greens and any remaining chilli flakes (to taste). Side with any remaining lemon wedges. Dig in, Chef!

Nutritional Information

Per 100g

Energy	523kJ
Energy	125kcal
Protein	8.2g
Carbs	13g
of which sugars	2.9g
Fibre	0.9g
Fat	5.1g
of which saturated	2.3g
Sodium	554mg

Allergens

Gluten, Allium, Wheat, Soy

Cook
within 3
Days